

# Michigan Arthritis Fact Sheet

(Released June 2013)

## What is Arthritis?

The term “arthritis” covers more than 100 diseases and conditions affecting joints, the surrounding tissues, and other connective tissues. Arthritis and other rheumatic conditions include osteoarthritis, fibromyalgia, rheumatoid arthritis, systemic lupus erythematosus, juvenile rheumatoid arthritis, gout, bursitis, rheumatic fever, Lyme arthritis, carpal tunnel disease and other disorders.<sup>1</sup> This report is based on information from the Michigan 2011 Behavioral Risk Factor Survey.<sup>2</sup> In this survey, arthritis is defined as doctor-diagnosed arthritis.

## Arthritis is Common in Michigan

- 2.35 million Michigan adults, 31% of the population age 18 and older reported doctor-diagnosed arthritis in 2011.<sup>2-3</sup>
- 1.2 million Michigan adults, 51% of those with arthritis, reported arthritis-attributable activity limitations.<sup>2-3</sup>
- Arthritis and related disability are expected to increase as the population ages: it is projected that nearly 2.7 million Michigan adults will have arthritis in 2030 and nearly 1.4 million will have arthritis-attributable activity limitations.<sup>4-5</sup>
- Nearly two-thirds of people with arthritis in Michigan were younger than 65 years of age.<sup>4</sup> Children are affected by arthritis as well.
- Women are 26% more likely to have arthritis than men.<sup>2</sup>
- Arthritis risk increases with age. 4.2% of those 18-24 years old have arthritis compared to 63.8% of people 75 and older.<sup>2</sup>
- Obesity is associated with the most common form of arthritis, osteoarthritis.<sup>6-7</sup>

## Arthritis is Costly

- Arthritis is the leading cause of disability in the United States.<sup>8</sup>
- The estimated direct and indirect costs of arthritis and other rheumatic conditions in Michigan in 2003 were \$5.6 billion.<sup>9</sup>
- 40% of working-aged Michigan adults with arthritis in 2011, reported that arthritis or joint symptoms affected whether they work, the type of work they do, or the amount of work they do.<sup>4</sup>
- In 2011, there were 38,433 hospitalizations for arthritis-related hip and knee replacements among Michigan adults.<sup>10</sup> The estimated total cost - for hospitalization only - of these procedures was \$1.35 billion.<sup>11</sup>
- People with arthritis are two to three times more likely to report having other diseases such as diabetes, cardiovascular disease or depression.<sup>4</sup>
- Michigan adults with arthritis were nearly three times more likely than those without arthritis to report fair or poor health status.<sup>4</sup>

## You can take action to make life with arthritis better!

The Michigan Department of Community Health Arthritis Program supports programs to help people manage their arthritis through EnhanceFitness exercise classes and learning self-management techniques in Personal Action Toward Health (PATH). Learn more at [www.michigan.gov/arthritis](http://www.michigan.gov/arthritis).

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## Arthritis Can Be Managed

- The Chronic Disease Self-Management Program, which is called *Personal Action Toward Health* (PATH) in Michigan, has been shown to reduce pain and decrease health distress. This workshop involves small group discussion facilitated by two trained leaders with a focus on goal setting, problem solving, exercise, relaxation and communication.<sup>12</sup>
  - Physical activity can reduce the risk of losing body functions by 38-41% and reduce the risk of disability caused by arthritis by 47% among adults with arthritis.<sup>13-14</sup> Several community-based physical activity programs are available for people with arthritis and have demonstrated positive results including *Enhance<sup>®</sup> Fitness*.
  - Losing excess weight can reduce the risk of knee osteoarthritis and limit progression of disease. Losing as little as 11 pounds may reduce the risk of developing knee osteoarthritis by 50%.<sup>7</sup> Weight loss programs incorporating both exercise participation and dietary restriction are the most effective and result in significant improvements in pain and function.<sup>15</sup>
  - Physical and rehabilitation therapy are effective in reducing pain and improving function and disability.<sup>16</sup>
  - Joint replacement therapy often reduces pain and improves activity.<sup>1</sup>
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